

# Healthcare Workers!

SAFER • HEALTHIER • PEOPLE™

## Are your vaccinations up to date?

You should be immune to:

**PROTECT  
YOUR  
PATIENTS.**

**PROTECT  
YOUR FAMILY.**

**PROTECT  
YOURSELF.**

**GET  
VACCINATED!**



### ▶ **INFLUENZA**

You need a flu vaccination every year. Unvaccinated healthcare workers can spread influenza to patients and are a key cause of influenza outbreaks among patients and long-term care residents. You cannot get the flu from the vaccine.

### ▶ **HEPATITIS B**

5%–10% of acute infections lead to chronic infection, and these lead to liver damage (cirrhosis), liver cancer, or death. Hepatitis B vaccine protects nearly all who are in contact with blood, body fluids, or used needles.

### ▶ **MEASLES/MUMPS/RUBELLA**

If you are not already immune, you should be vaccinated. Even mild or undetectable rubella disease can cause fetal anomalies.

### ▶ **TETANUS/DIPHTHERIA**

You need a booster every 10 years. You may need a dose sooner if you are injured.

### ▶ **VARICELLA (CHICKENPOX)**

Varicella can be transmitted in hospitals by patients, staff, and visitors. If you are not already immune, you should be vaccinated.

